



R.A.V.E.N. RESPITE PROJECT NEWSLETTER

*R.A.V.E.N. Respite,
A project of Alaska Attachment and Bonding Associates (AABA)
Wasilla, Alaska 99654*

Consequencing an Attachment Disordered Child/Youth... Bernadine Janzen, MS, LPC

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Natural consequences of course are the best options. There is nothing better than to have a school call and say your child will be staying in to finish his/her homework for the next week. The parents can put much empathy into how sad this is for the child and what a real "bummer" it is to be missing recess. Let the community set the consequences whenever possible. Natural consequences at home when the child has lost their favorite toy can be dealt with in the same manner: sad you lost your favorite toy and "I hate when that happens", said with empathy and sincerity can secure the child's mind that you really care when they are sad.

Never consequences until the emotions are toned down and the child is in a "teachable moment". Finding the "teachable moment" is accomplished when we take the time to investigate what the child was feeling when the misbehavior was presented. This is the piece where parents learn how to "attune" to the child and be in the child's skin in order to decipher what was in their brain at the time. Once we are attuned and provide the empathy for what the child believes to be true we use empathy and compassion for the way felt. After making the connection we can discuss how he/she keeps replaying this scenario in their relationships because it is all they know how to do.

I never ask a child to apologize. Only because so many of the population believe that the apology has been all they needed to do. I usually start with how the situation they created was somehow similar to their birth history trauma. It is never challenging to find similarities. Talking this through also helps with development of conscience and empathy. "This really hurt Mom and scared her, and she felt bad for a while, just like when you felt scared.....". "I wish I had been there to help you not being scared." "I think I would feel better about this situation if you would do something for me so I could feel we are still working together."

When we go to....."would you like to move on with your life and find better and healthier ways to live with and love people" (sometimes they will say NO and I will remind them that this way has not worked well for them...restrictions, blah, blah). It doesn't take to long for them to figure out if they don't make some effort to participate, mom and dad will have to continue to consequence them in ways they don't like. After they decide that, "Yes", is a better choice you can brainstorm some ideas. If the child is old enough I may just ask them to think on it and come up with something to offer to their parents in 15-20 minutes (usually I recommend that the consequence has to be completed within 1-4 hours just because these kids brains start fighting against doing something for someone else so we need to get the change done while they still sense the pain they have caused. Providing consequences is not about controlling the child and getting them to experience remorse but to repay in some small way for the upset of the family and rebuild a connection to the family.

If they have destroyed something, perhaps they should do chores to earn the money to replace it (or often just replace part of it, but at least they worked for it). Or if they have hurt and scared Mom, they should do something for her--perhaps some of her chores or make her a cup of tea to have while they are doing chores together. If the impetus for the outburst was that they were being reminded for the umpteenth time to do something they hadn't done, then the kid, if old enough, should do some things while being close to the parent to help him/her continue to stay calm. Remember the end goal is to make a positive connection with the child after a disruption.

Sometimes it is really hard to think of good consequences. My belief is that the really important thing is to help them develop some "new brain wiring" to make it possible for them to learn to control their behaviors; I don't worry too much about it making sense to others. Just look for the "teachable moments" to help them learn a bit more of how to be in better control of their actions. Doing this over and over again for a long period of time will reset their brain waves and one day you will notice the child making better choices.

Current Services Offered



Services that can help a child and mom!!

Lending Library
 Call: 376-0506
 A complete list will soon be available for you to order online, just like going to the library!

 Parent Advocate with ATTACH

 MANDT Certification Training for those involved with the project as a volunteer or as a respite provider.

Mom2Mom
 Share and support another mom while making crafts!
 Join in on the FUN !!
 Call: 376-0506

 Respite Design Workshops
 Feel free to contact Melissa with any thoughts or ideas on what you feel is important to further design the Project!
 Check often for the next workshop!!

Parent Support Phone Line:
 907-373-6937

 Online parent support and chat group. To sign up visit:
http://health.groups.yahoo.com/group/RAVEN_RESPITE

 Resource Information
 Alaska Attachment & Bonding Associates (AABA) - Support and Advocacy.
 Call:
 907-376-0366

TIPS for Self-Care and Management

*Remember...
 " Donations to the R.A.V.E.N. Respite Project are totally TAX Deductible, and make a huge difference to a family in the community"*

Have more fun! Recreation is Re-Creation. Own a little time. Claim at least one hour for yourself four times a week. Practice saying YES ! when someone says to you, "May I help you."
 Make a Plan and put it where you can see it! Some examples and ideas to put on your list of ways to be good to YOU:
 How will I be good to my mind?

*everyday * once a week
 How will I be good to my body?
 *everyday * once a week
 How will I be good to my heart and soul?
 *everyday *t once a week
 I think it would be a great idea to suggest the same for our children. Have your kids create a list for themselves. too. Take a walk in the garden or outdoors.

.....Take the time to really look at things

Take a bath, shave your legs; give yourself a facial or pedicure

Listen to your favorite music and sing along!

*Remember this quote.....
 " If you continue to do what you are doing, you will continue to get what you are getting."*

Melissa

FOOD FOR THOUGHT AND SELF CARE

Banana: Wet your hair, mash banana and spread on ends of hair. Leave on for about 15 mins then wash your hair. This makes a great pre-conditioner

Avocado: As a facial mask leave on for 5 mins. The vitamin A is good for the skin.....and also good for a laugh if you look in the mirror !!

Honey: Also great for your face. Heat but make sure it is not too hot to apply on your face. You can add beaten egg whites and leave on for 20 mins. Wash off with a good facial cleanser scrub gently with a loofah.

Cucumber: Place slices of cucumber on your eyelids to reduce puffiness and increase brightness. (may cause your eyes to water a little bit) Leave on for 15 mins and rinse with cold water.

These are just a few ways to pamper yourself with food. You can find many other food items that are good for self care on the internet. If you would like more ideas but don't have the time to search let me know! Melissa

Greetings from Melissa.....

Email: melissa@akattachment.org

Phone: 907-376-0506

Thanks to everyone who attended the Respite Design Workshop. Your interest and dedication to your family, and families in the community with children whom experience attachment issues is remarkable. For those of you that had to leave early, I received great feedback on what families want respite to look like. Eleanor and I will be meeting to go over that feedback and begin to design the project. I will keep you updated on our progress. Please call or email me with your thoughts and ideas. Your help is priceless !

Florida and the North America Council on Adoptable Children (NACAC) Conference

As many of you know, I attended the NACAC Conference in Florida thanks to the scholarship I received from NACAC. Although it wasn't a full scholarship, I felt it was important to attend, and well worth the money. I was right ! What a great learning experience! I met many wonderful people from all over the world. I was fortunate to listen to speakers like Greg Keck, Regina Kupecky, and Denise Goodman. Listening to them, reminded me of something very important.....Expectations. I had to go back and think, "Are my expectations too high?" The answer was yes, sometimes. Lowering the expectations we have for our children may be just what we need to lower our frustration; while at the same time, build more success for our kids. I would be thrilled and honored to share what I learned at the conference with anyone who is interested. If parents or professionals have the opportunity to attend the ATTACH Conference , or the NACAC Conference, I would highly recommend it! NACAC also has a conference for kids everyday while parents are busy with their classes. It was truly a wonderful experience for which I am grateful ! I am an counting down the days until I leave for the ATTACH Conference!

Community Resources

For help on parenting:

Alaska Parent Line:

1-800-643-5437

North American Council on Adoptable Children:

www.nacac.org

Alaska Family & Youth Network: www.ayfn.org

Alaska Center for Resource Families: www.acrf.org

Help with disabilities and FASD contact:

www.stonesoupgroup.org

State Legislators:

www.house.gov/donyoung

www.murkowski.senate.gov

www.stevens.senate.gov

Alaska Children's Trust:

www.alaskachildrenstrust.org

Professional Counselor:

www.tattac.com

Email: bsj@laguna.com.mx

For Workshops contact AABA:

www.akattachment.org

For current updates on attachment issues:

www.attach.org

"Community Resources, and Volunteers make a difference to the Families of the R.A.V.E.N Respite Project"

What can a Respite Volunteer Do?

Provide hope and emotional support to overwhelmed parents.

Provide the gift of time, rest, and relief to necessary for parents to maintain a healthy attitude and take care of "chores" in a calm and normal manner.

Allow parents time to gather strength, energy, and the feeling of knowing community members understand their unique situation.

The benefits to you as a Respite Volunteer, is having ongoing training and support from the R.A.V.E.N. Project.! As a

volunteer, you have the opportunity to impact a family in your community by bringing happiness back into their life , by helping the parents become productive members, by lessening the feeling of isolation, helping to keep the family intact in a safe, loving environment.



Call today to learn how you can become a respite volunteer!



**R.A.V.E.N. RESPITE,
A PROJECT OF ALASKA
ATTACHMENT AND
BONDING ASSOCIATES**

*Finding Solutions
Providing Hope*

Mail :
R.A.V.E.N Respite Project
2393 East Coles Road
Wasilla, AK 99654

Phone: 907-376-0506
Fax: 907-373-6397
E-mail: melissa@ravenrespite.org

Web:
www.ravenrespite.org

R.A.V.E.N. Respite Project



Educating parents, professionals, and the community of the need for respite

Upcoming Events and Training

Alaska Family Resources
Strengthening Families for parents
in the adoption or pre-adoption
process. Elaine Cordova is the
class facilitator and this class pro-
vides 9.5 hours of training at no
charge. Please call: 907-376-4678
to reserve space for the next class.

Core Training for the next core
training series, call: 907-376-4678

Betsy Woodin, Trainer/Adoption
Specialist,

Alaska Center for Family Re-
sources

PO Box 876844
Wasilla, AK 99687
5050 Dunbar St, Ste A2
907-376-4678
Fax: 907-376-4638
Email:
bwoodin@nwresource.org
www.acrf.org

The Salvation Army,
Booth Memorial Youth
and Family Services,
3630 East 20th (off Bra-
gaw) For information or
to register, call Joyce at
907-375-3515:

Volunteers of America
Alaska To find about
events, training and vol-
unteer opportunities of-
fered , please visit their
website: www.voak.org

Check the AABA web-
sites for it's next presen-
tation of: RAD I, II, III,
IV . You can register
online at:
www.akattachment.org

Or call: 907-376-0366

R.A.V.E.N
Respite
will have a
table at the
Alaska Health
Fair on:

Saturday

Sept. 22 , 2007 from
8:00 am to 12:00pm at
St. John's UMC, Hill-
side in Anchorage

Contact: Melissa:
melissa@akattachment.org
Phone: 907-376-0506

Stop by !

MOM2MOM
Melissa is able to
change the time and
dates for this needed
and relaxing mom
support group. Give
her a call or email her
to let her know your
ideas or times!

Melissa:
melissa@akattachment.org
Phone:
907-376-0506

The ATTACH
conference is from
October 10 to the
13th in Providence,
RI.
Please keep this date
in mind if you are
planning to attend!